

Hampton Parks and Recreation Department
Athletics Division
2011 Youth Cheerleading Rules/Regulations

1. **League and Player Eligibility:** HPRD Youth Cheerleading consists of four (4) divisions: Junior, Intermediate, Midget and Mighty Mite. The cut-off date for age limitations is October 1, 2011. All Mighty Mites MUST BE six (6) years old by August 15, 2011. Cheer squads should adhere to the following age requirements (if numbers allow):

Mighty Mites: 6 – 8

Midgets: 8 – 11

Intermediates: 11 – 13

Juniors: 14 – 15

2. **Rosters and Team Eligibility:** Additions to rosters will be reviewed and approved by the Athletic Division.

Teams will become eligible for participation after the following requirements have been met:

- a. Each player on the roster must reside and attend school within the City of Hampton. Use of an address in another school district will be considered the district of residence. If a participant moves once the season has started, the Athletics Division must be notified and a decision will be made on a case by case basis.
EXCEPTION: Any youth attending school in another district and is a resident of the City of Hampton must prove that tuition is being paid within that other district or that their parent/guardian is employed by the school in that other district in order to participate within the HPRD Cheerleading Program.
 - b. Valid Birth Certificates, Passports or Hospital Birth Records must be presented and approved by each commissioner.
 - c. Valid Birth Certificates, Passports or Hospital Birth Records along with signed Parental Consent for Treatment, Participation Consent Forms and Parental Code of Ethics must be turned in to the HPRD. (No partially filled forms will be accepted).
 - d. Each roster must be TYPED and have participant's full name, address, birth date, birth certificate/passport/hospital record number and school attending for a team to be eligible for participation.
3. **Ineligible Players:** Any participant that is under school suspension for any reason is ineligible to participate. NO EXCEPTIONS.

4. **Practice and Game Schedule:**

- a. Registration will begin May 21, 2011
- b. Practice will begin at the discretion of the HPRD: July 25, 2011
- c. Practice may last for two (2) hours.
- d. Coaches found practicing longer than two (2) hours a day will be suspended.
- e. There will be no practice on Sundays.

- f. Do not permit any member of the squad to participate in any practice session until the coach/commissioner has in hand the participant's permission forms and their birth certificate/passport/hospital birth record.
- g. Opening day will be Saturday, August 27, 2011

5. **Heat Policy:** The HPRD Youth Cheerleading League will adhere to the following Heat Guidelines:

Heat Index

100 – 104 degrees

Policy

No Games

Frequent water breaks and careful monitoring of athletes should be observed no matter the temperature. Practices and games will be cancelled if the heat index is 100 degrees or higher. Games could be cancelled if the heat index is expected to be over 100 degrees later that day. The Athletic Hotline will be updated by 4:30p.m., ONLY if practices are to be cancelled or have restrictions for that day. The Athletics Division will make the official heat index reading. Individual athletic associations or coaches cannot determine their own head index reading in place of using the official reading provided by the Athletics Division. Any coach or commissioner violating this policy will receive an automatic suspension of three (3) games.

6. **Automatic Suspension:** Any team member, coach, commissioner or president ejected from a game or from the game site shall be suspended for a minimum of three (3) games to be played by his/her team. Notice of this suspension will not be necessary. Any attempts for an appeal must be presented to the commissioner of the ejected individual. The Commissioner must present the Athletics Division with the case to determine if an appeal is warranted.

NOTE: If any coach, commissioner, president or participant is found to be association with any type of violation of the law (i.e. possession of drugs) the HPRD and the Advisory Committee has full authority to suspend, eject or ban that coach, commissioner, president or player if necessary.

7. **Game Times:**

- a. Mighty Mites.....12 Minute Quarters
- b. Midgets.....12 Minute Quarters
- c. Intermediates.....13 Minute Quarters
- d. Juniors.....16 Minute Quarters

There will be a one minute intermission at the close of the first and third quarters. Half-time intermission will be five minutes. Only two (2) coaches are allowed on the field during half-time performances; no parents or additional staff are allowed. Please keep all cheers and routines tasteful and be respectful to the opposing squad's performance.

8. **Championship Tournament:** The end of season championship tournament will be played between the top four (4) teams within each division; except for Mighty Mites.
9. **Awards:** The HPRD will present pins to those squads cheering in Championship Games.
10. **NYSCA & Background Checks:** All youth cheerleading coaches and commissioners must be NYSCA certified and have an approved Background Check in order to coach in the HPRD league. All head coaches must be at least 21 years of age, and all assistant coaches must be at least 18 years of age. If a coach, commissioner or president violates any standards stated within the

NYSCA Handbook or breaks the NYSCA Code of Ethics, the HPRD and the Advisory Committee will investigate each case with full authority to impose any disciplinary measure, if necessary.

11. **Liability:** The head coach must assume full responsibility for personal injuries that occur during non-league scheduled games, for injuries that occur while traveling to and from such contests, and for injuries that occur on other than sanctioned practice and/or playing fields.
12. **Alcoholic Beverages/Illegal Substances/Property Damage/Firearms:** The use of alcoholic beverages, illegal substances and/or possession of firearms on City of Hampton property is prohibited. Anyone caught using them will be subject to arrest. Any participant, coach, commissioner or president caught with or using and illegal substance/firearm or consuming alcoholic beverages will be suspended from the league indefinitely.

A team may be censored if their supporters are caught indulging.

Any team, team member, coach, commissioner, president or anyone connected with a team in any way, if found guilty of defacing or damaging property at any time will be banned permanently from HPRD sponsored programs.

13. **Unsportsmanlike Conduct:** Any act of unsportsmanlike conduct observed by the HPRD or reported to the HPRD by its agents (i.e. officials, school officials, etc.) will be investigated by the HPRD and the Advisory Committee. If a suspension is imposed, it will be for a minimum of one (1) year to life from the date of suspension and will include all activities sponsored by the HPRD.
14. **Board of Appeals:** The Board of Appeals shall be comprised of the Commissioners of the Cheerleading Advisory Committee. The board shall hear all appeals to the decision of the HPRD and shall have the duty to call witnesses and take testimony. Action of the Board of Appeals will be final with no further right of administrative appeal.
15. The Hampton Parks and Recreation Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex or disability.

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Athletics Hotline
727-6251